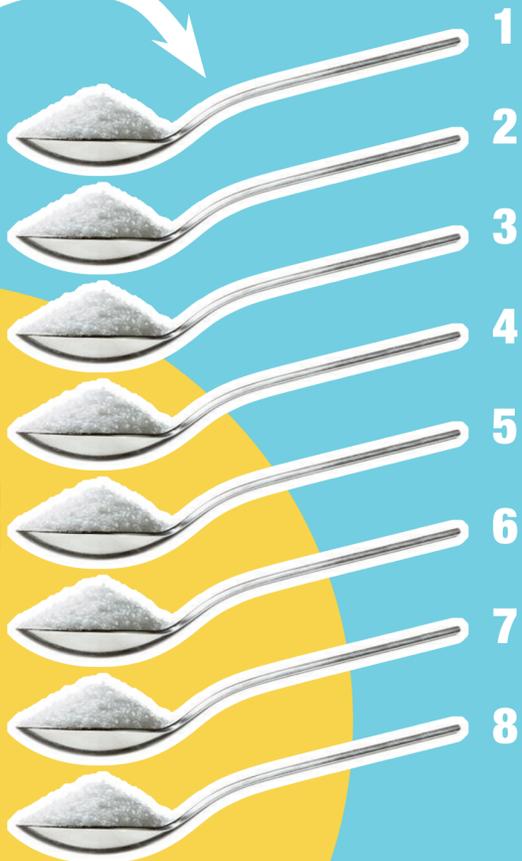


# Eight Reasons To Drink More Water This Summer



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A 12-oz sugar-sweetened cola has **31 grams of added sugar.** That's **8 teaspoons!**



Water has **no added sugar!** It's deliciously refreshing and **FREE!**



You'd have to **walk for 45-60 minutes\*** to burn off the **126 calories** from added sugars!

\* 6-11 year olds would need to walk 60 minutes, and 12-14 year olds would need to walk 45 minutes to burn off the calories. Estimates are based on average weights of children ages 6-11 and 12-14. Those who weigh more than average will burn more calories. Those who weigh less than average will burn fewer calories.



**SUMMER FOOD SUMMER MOVES**